

Spring/Summer 2026 ADULT Fitness & Enrichment Classes

Registration begins at 10am on Tuesday, March 10th

Click on Class ID# below to see full class descriptions

****All classes are IN PERSON unless otherwise indicated****



Color Key:

	Enrichment
	Fitness
	Yoga & Pilates
	Adapted

ADULT Class Schedule

SUNDAYS	Name of Class	Dates	Ages	Class ID#
Sun, 9:00-11:00am	NEW! Michigan Wildflowers: Seedling Up-Potting Workshop	5/17 ONLY	Adult Individuals or Families (ages 5+)	2759.301
Sun, 10:00-11:30AM	Iyengar Yoga - HYBRID	4/12-6/7	10th-Adult	3706.308
Sun, 10:00-11:30AM	Iyengar Yoga - HYBRID	6/21-8/2	10th-Adult	3706.409
Sun, 10:00-11:30AM	NEW! Adult & Child: Springtime Clay Play	5/31-6/7	1st-6th & an adult	1627.301
Sun, 10:00AM-12:00PM	Adult & Child: Exploring Clay Together	6/28-8/23	K-6th & an Adult	2298.401
Sun, 12:00-2:00PM	NEW! Michigan Wildflowers: Seedling Up-Potting Workshop	5/17 ONLY	Adult Individuals or Families (ages 5+)	2759.311
Sun, 12:00-3:00PM	Adult Pottery	6/28-8/23	10th-Adult	2198.401
Sun, 1:00-2:00PM	Adult Co-Ed Self Defense	4/12-5/17	12th-Adult	3315.306
Sun, 2:00-4:30PM	Kimchi Making Workshop	6/7 ONLY	9th-Adult	1385.301
Sun, 2:30-3:30PM	NEW! Intro to Traditional Step Dance	4/12-6/14	8th-Adult	1289.301
Sun, 2:30-3:30PM	NEW! Intro to Traditional Step Dance	6/28-8/23	8th-Adult	1289.401
Sun, 6:00-7:15PM	Yoga Flow & Restorative - HYBRID	4/12-6/7	10th-Adult	3711.309

Sun, 6:00-7:15PM	Yoga Flow & Restorative - HYBRID	6/21-7/26	10th-Adult	3711.409
MONDAYS	Name of Class	Dates	Ages	Class ID#
Mon, 9:15-10:30AM	Yoga Pilates - ONLINE	4/6-6/8	10th-Adult	3110.307
Mon, 9:15-10:30AM	Yoga Pilates - ONLINE	6/15-8/17	10th-Adult	3110.407
Mon, 11:00AM-12:00PM	SHiNE Light™ Dance Fitness	4/6-6/1	12th-Adult	3168.301
Mon, 4:00-5:30PM	Strike Force Bowling	4/13-6/8	9th-Adult	6112.301
Mon, 4:00-5:30PM	Strike Force Bowling	6/29-8/17	9th-Adult	6112.401
Mon, 5:00-5:50pm	Indian Tabla Drumming - Adult	4/13-5/18	Adult	1356.301
Mon, 5:30-6:30PM	Pickleball 101	4/6-5/11	10th-Adult	3179.301
Mon, 5:30-6:30PM	Pickleball 101	6/1-7/6	10th-Adult	3179.401
Mon, 6:00-7:00PM	Cardio Dance & Pilates - HYBRID	4/6-6/1	10th-Adult	3108.306
Mon & Thurs, 6:00-7:00PM	Cardio Dance & Pilates Mon/Thurs Combo - HYBRID	4/6-6/4	10th-Adult	3108.308
Mon, 6:00-7:00PM	Pilates Matwork	4/6-6/1	10th-Adult	3112.306
Mon, 6:00-7:30PM	Iyengar Yoga - HYBRID	4/6-6/1	10th-Adult	3706.306
Mon, 6:00-7:30PM	Iyengar Yoga - HYBRID	6/15-8/3	10th-Adult	3706.406
Mon, 6:30-8:30PM	Beginning Sewing	4/6-6/1	Adult	1749.301
Mon, 6:30-8:30PM	Sewing Lab	6/15-8/17	Adult	1382.401
Mon, 6:30-8:30PM	Woodworking with Hand Tools 1 - Beginner	4/6-6/1	Adult	1714.301
Mon, 6:45-7:45PM	Pickleball 102	4/6-5/11	10th-Adult	3179.302
Mon, 6:45-7:45PM	Pickleball 102	6/1-7/6	10th-Adult	3179.402
Mon, 7:00-9:00PM	Ann Arbor Civic Chorus (AACC) Community Summer Sing	7/6 ONLY	Adult	1769.401
Mon, 7:00-9:00PM	Ann Arbor Civic Chorus (AACC) Community Summer Sing	8/3 ONLY	Adult	1769.402
TUESDAYS	Name of Class	Dates	Ages	Class ID#
Tues, 9:00-10:00AM	BellyFit	4/7-6/2	Adult	3193.305
Tues, 9:30-10:30AM	NEW! The Re-integrated Leg: Moving Beyond Knee Pain - ONLINE	4/14-6/2	10th-Adult	3155.302

Tues, 11:00AM-12:00PM	Cardio Drumming	4/7-6/2	10th-Adult	3171.305
Tues, 11:00AM-12:00PM	Introduction to Tai Chi	4/28-6/9	Adult	1821.301
Tues, 12:15 - 1:15 PM	Weight Training Through the Ages - ONLINE	4/7-6/2	12th-Adult	3124.305
Tues, 6:00-7:00PM	Intro to Yoga	4/7-6/2	10th-Adult	3701.304
Tues, 6:00-7:00PM	Chair Yoga - ONLINE	4/14-6/2	Adult	3719.305
Tues, 6:00-7:00PM	Hiit Fit	4/7-5/26	10th-Adult	3106.305
Tues, 6:00-7:00PM	Hiit Fit	6/16-7/28	10th-Adult	3106.405
Tues, 6:00-7:00PM & Thurs, 6:00-7:00PM	Women's Strength Training	5/5-5/26 5/7-5/28	12th-Adult	3167.301
Tues, 5:00-6:00PM & Thurs, 5:00-6:00PM	Women's Strength Training	7/7-7/28 7/9-7/30	12th-Adult	3167.401
Tues, 6:00-7:00PM & Thurs, 6:00-7:00PM	COED Barbell Basics: Strength Training for Adults	4/7-4/28 4/9-4/30	12th-Adult	3167.303
Tues, 6:00-7:00PM	Adult Hip Hop Street Dance	4/14-5/26	9th-Adult	1234.301
Tues, 6:00-8:00PM	American Sign Language (ASL): Level 1	4/14-6/2	9th-Adult	1502.301
Tues, 6:00-8:00PM	American Sign Language (ASL): Level 2	6/16-7/21	9th-Adult	1502.401
Tues, 6:00-8:00PM	Intro to Photography	4/14-4/28	10th-Adult	1253.301
Tues, 6:00-7:30PM	Spanish: Level 1	4/14-6/9	Adult	1509.301
Tues, 6:00-7:30PM	Spanish: Level 1 - ONLINE	6/16-8/4	Adult	1509.401
Tues, 6:00-8:00PM	Long Term Care/Medicaid Planning	5/19 ONLY	Adult	1916.301
Tues, 6:00-8:30PM	NEW! Leftover Magic: Turn Your Easter Ham into Ramen	4/7 ONLY	10th-Adult	2256.301
Tues, 6:00-9:00PM	Adult Pottery	6/16-8/18	10th-Adult	2198.402
Tues, 6:00-9:00PM	Retirement Planning Today	5/12 & 5/19	Adult	1923.301
Tues, 6:30-8:00PM	Pen & Ink	4/14-5/26	8th-Adult	2184.301
Tues, 6:30-8:00PM	AI 101: Everyday Uses of ChatGPT	5/12 ONLY	Adult	1870.302
Tues, 6:30-8:30PM	Woodworking with Hand Tools 1 - Beginner	(see class description)	Adult	1714.303
Tues, 6:30-8:30PM	Beginning Sewing	6/16-8/4	Adult	1749.401

Tues, 6:30-8:30PM	Sewing Lab	4/7-6/9	Adult	1382.301
Tues, 6:45-8:00PM	Adult Ballet - Beyond the Basics	4/7-5/12	Adult	1628.301
Tues, 7:00-8:00PM	Social Dance 101	4/7-6/9	10th-Adult	2274.301
Tues, 7:00-8:00PM	Social Dance 101	6/16-8/4	10th-Adult	2274.401
Tues, 8:00-9:00PM	Swing Dance Level 2	4/7-6/9	10th-Adult	2274.302
Tues, 8:00-9:00PM	Swing Dance Level 2	6/16-8/4	10th-Adult	2274.402
WEDNESDAYS	Name of Class	Dates	Ages	Class ID#
Wed, 9:15-10:30AM	Yoga Pilates - Flow Style - ONLINE	4/8-6/3	10th-Adult	3110.308
Wed, 9:15-10:30AM	Yoga Pilates - Flow Style - ONLINE	6/17-8/19	10th-Adult	3110.408
Wed, 10:00AM-12:00PM	Woodworking with Hand Tools 1 - Beginner	4/8-6/3	Adult	1714.302
Wed, 11:30AM-12:15PM	Yogilates® - HYBRID	5/6-6/3	12th-Adult	3176.302
Wed, 1:00-2:00PM	SHiNE Light™ Dance Fitness	4/8-6/3	12th-Adult	3168.302
Wed, 5:30-6:30PM	Pickleball 103	4/8-5/13	10th-Adult	3179.303
Wed, 5:30-6:30PM	Pickleball 103	6/3-7/8	10th-Adult	3179.403
Wed, 5:30-6:30PM	Healthy Back Yoga - ONLINE	4/15-6/3	10th-Adult	3724.304
Wed, 5:30-8:00PM	Adult & Pediatric First Aid/CPR/AED Certification - Blended Learning	5/20 ONLY	Adult	1964.301
Wed, 5:30-8:00PM	Adult & Pediatric First Aid/CPR/AED Certification - Blended Learning	6/17 ONLY	Adult	1964.401
Wed, 6:00-7:00PM	Hatha Yoga	4/8-6/3	10th-Adult	3718.303
Wed, 6:00-9:00PM	Adult Pottery	6/17-8/19	10th-Adult	2198.403
Wed, 6:30-8:30PM	Beginning Sewing	6/17-8/5	Adult	1749.402
Wed, 6:45 -7:45PM	NEW! Pickleball 104	4/8-5/13	10th-Adult	3179.304
Wed, 6:45 -7:45PM	NEW! Pickleball 104	6/3-7/8	10th-Adult	3179.404
Wed, 7:00-8:30PM	Virtual Cinema Club - ONLINE	4/29-5/27	Adult	2308.301
Wed, 7:00-8:30pm	NEW! Parenting Your Spirited Child	4/22 & 4/29	Adults/ Parents	9988.301
Wed, 7:45-8:30PM	Beginner Tang Soo Do (Korean Karate)	4/8-5/27	12th-Adult	3192.305

Wed, 7:45-8:30PM	Beginner Tang Soo Do (Korean Karate)	6/17-8/12	12th-Adult	3192.405
THURSDAYS	Name of Class	Dates	Ages	Class ID#
Thurs, 9:30AM-12:00PM	Jewelry: Beginning and Continuing	4/16-6/4	9th-Adult	2163.301
Thurs, 10:30-11:30AM	Therapeutic Yoga - HYBRID	4/16-6/4	Adult	3750.304
Thurs, 5:00-8:00PM	NEW! Adult & Child Cooking: Stir Fry Blitz!	6/25 ONLY	3rd-6th & an Adult	1064.401
Thurs, 5:00-8:00PM	NEW! Garden to Bowl: A Farm Salad Experience	7/23 ONLY	10th-Adult	2256.401
Thurs, 5:00-8:00PM	NEW! Abundant Pesto!	8/6 ONLY	10th-Adult	2256.403
Thurs, 5:30-6:15PM	Yogilates® - HYBRID	5/7-6/11	12th- Adult	3176.303
Thurs, 5:30-6:15PM	Yogilates® - HYBRID	6/25-7/30	12th- Adult	3176.403
Thurs, 6:00-6:45PM	Strength Training	4/9-6/4	10th-Adult	3102.303
Thurs, 6:00-6:45PM	Strength Training	6/18-7/30	10th-Adult	3102.403
Thurs, 6:00-7:00PM	Cardio Dance & Pilates - HYBRID	4/9-6/4	10th-Adult	3108.307
Thurs, 6:00-7:00PM	Cardio Dance & Pilates - HYBRID	6/18-7/30	10th-Adult	3108.407
Thurs, 6:00-7:15PM	Yoga Flow - ONLINE	4/9-6/4	10th-Adult	3711.308
Thurs, 6:00-7:15PM	Yoga Flow - ONLINE	6/18-8/6	10th-Adult	3711.408
Thurs, 6:00-7:15PM	French Level 1: Paris in the Springtime!	4/30-5/21	10th-Adult	1512.301
Thurs, 6:00-7:15PM	French Level 1 - ONLINE	6/18-7/9	10th-Adult	1512.401
Thurs, 6:00-7:30PM	Improv for Non-Actors	5/7-6/4	9th-Adult	1632.301
Thurs, 6:00-7:30PM	Spanish: Level 2	4/16-6/4	Adult	1509.302
Thurs, 6:00-7:30PM	Spanish: Level 2 - ONLINE	6/18-8/6	Adult	1509.402
Thurs, 6:00-8:00PM	Estate Planning Basics	6/18 ONLY	Adult	1915.401
Thurs, 6:00-8:00PM	Mastering Tempeh: Learn to Make and Cook Tempeh	5/28 ONLY	Adult	1326.301
Thurs, 6:00-8:00PM	NEW! Adult & Child: Sweet as Honey Cookie Decorating	5/14 ONLY	1st-8th & an Adult	1623.301
Thurs, 6:00-8:00PM	NEW! Adult & Child: Under the Sea Cookie Decorating	6/25 ONLY	1st-8th & an Adult	1623.401

Thurs, 6:00-8:00PM	NEW! Adult & Child Cooking: Knife Skills Workshop	4/30 ONLY	10+ & an Adult	1672.301
Thurs, 6:00-8:00PM	NEW! Plant Parent: Garden Cookie Decorating Workshop	7/16 ONLY	9th-Adult	1534.401
Thurs, 6:00-8:00PM	Long Term Care/Medicaid Planning	8/6 ONLY	Adult	1916.401
Thurs, 6:00-8:30PM	NEW! Pasta-bilities: Fresh Pasta from Scratch	5/7 ONLY	9th-Adult	2285.301
Thurs, 6:00-8:30PM	NEW! Hooked on Kindness: Crochet for a Cause	5/21 ONLY	10th-Adult	1983.301
Thurs, 6:00-8:30PM	NEW! Soba So Good! Handmade Buckwheat Noodles	6/4 ONLY	9th-Adult	2283.301
Thurs, 6:00-9:00PM	Retirement Planning Today	5/14 & 5/21	Adult	1923.302
Thurs, 6:15-7:15PM	Intro to Yoga	4/16-6/4	10th-Adult	3701.305
Thurs, 6:15-7:15PM	SHiNE™ Dance Fitness	4/23-6/4	12th-Adult	3168.303
Thurs, 6:15-7:15PM	SHiNE™ Dance Fitness	6/18-8/6	12th-Adult	3168.403
Thurs, 6:30-8:00PM	Organized for Calm: Decluttering Your Space & Mind	4/16 ONLY	Adults/ Parents	1870.301
Thurs, 6:30-8:30PM	Beginning Sewing	4/9-5/28	Adult	1749.302
Thurs, 6:30-8:30PM	Watercolor: Beginning & Continuing	4/23-5/28	8th-Adult	2182.301
Thurs, 6:30-8:30PM	Woodworking: Beginning Cabinet Making	4/16-7/2	Adult	1298.301
Thurs, 7:00-8:30PM	Virtual Cinema Club - ONLINE	4/30-5/28	Adult	2308.302
Thurs, 7:15-8:30PM	French Level 2: Paris in the Springtime!	4/30-5/21	10th-Adult	1586.301
Thurs, 7:15-8:30PM	French Level 2 - ONLINE	6/18-7/9	10th-Adult	1513.401
Thurs, 7:30-9:00PM	Iyengar Yoga - HYBRID	4/9-6/4	10th-Adult	3706.307
Thurs, 7:30-9:00PM	Iyengar Yoga - HYBRID	6/18-8/6	10th-Adult	3706.407
FRIDAYS	Name of Class	Dates	Ages	Class ID#
Fri, 9:15-10:30AM	Yoga Pilates - ONLINE	4/10-6/5	10th-Adult	3110.309
Fri, 9:15-10:30AM	Yoga Pilates - ONLINE	6/26-8/21	10th-Adult	3110.409
Fri, 9:00-10:00AM	Zumba Toning with Light Hand Weights - ONLINE	4/10-6/5	Adult	3142.305
Fri, 6:00-8:00PM	NEW! Knitflix & Chill: <i>Clueless</i> Craft Night	7/10 ONLY	Adult	1983.401
Fri, 6:00-8:00PM	Adult Pottery - Hand-Building	4/10 & 4/17	10th-Adult	2198.301

Fri, 6:00-8:00PM	Adult Pottery - Hand-Building	4/24 & 5/1	10th-Adult	2198.303
Fri, 6:00-8:00PM	Adult Pottery - Hand-Building	5/8 & 5/15	10th-Adult	2198.305
Fri, 6:30-7:30PM	Adult Fencing	4/10-5/29	10th -Adult	3501.306
Fri, 6:30-8:30PM	Adult Pottery - Wheel Throwing	4/10 & 4/17	10th-Adult	2198.307
Fri, 6:30-8:30PM	Adult Pottery - Wheel Throwing	4/24 & 5/1	10th-Adult	2198.309
Fri, 6:30-8:30PM	Adult Pottery - Wheel Throwing	5/8 & 5/15	10th-Adult	2198.311
Fri, 6:30-8:30PM	Woodworking with Hand Tools 2 - Intermediate	4/17-6/19	Adult	1736.301
Fri, 6:30-8:30PM	Woodworking with Hand Tools 3 - Advanced	4/17-6/19	Adult	1738.301
Fri, 7:00-7:45PM	Cardio Kickboxing	4/10-6/12	10th-Adult	3314.305
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 1	4/10-5/8	Adult	2653.301
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 1	5/15-6/12	Adult	2653.302
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 1	6/26-7/24	Adult	2653.401
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 1	7/31-8/21	Adult	2653.402
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 2	4/10-5/8	Adult	2654.301
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 2	5/15-6/12	Adult	2654.302
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 2	6/26-7/24	Adult	2654.401
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 2	7/31-8/21	Adult	2654.402
Fri, 8:00-9:00PM	Traditional Argentine Tango: Intermediate	4/10-6/12	Adult	2259.301
Fri, 8:00-9:00PM	Traditional Argentine Tango: Intermediate	6/26-8/21	Adult	2259.401
SATURDAYS	Name of Class	Dates	Ages	Class ID#
Sat, 9:00-10:00AM	Cardio Barre	4/11-6/6	10th-Adult	3104.305
Sat, 9:00-10:00AM	Cardio Barre	6/20-7/25	10th-Adult	3104.405
Sat, 9:00AM-12:00PM	NEW! Adult & Child Cooking: Stir Fry Blitz!	6/27 ONLY	3rd-6th & an Adult	1064.402
Sat, 9:00AM-12:00PM	NEW! Garden to Bowl: A Farm Salad Experience	7/25 ONLY	10th-Adult	2256.402
Sat, 9:00AM-12:00PM	NEW! Abundant Pesto!	8/8 ONLY	10th-Adult	2256.404
Sat, 9:00AM-12:00PM	Adult & Child Woodworking Adventure	5/2 & 5/9	4th-8th	1763.301
Sat, 10:00AM-12:00PM	NEW! Adult & Child: Mix, Shape, Sip Indian Cooking	4/18 ONLY	1st-6th & an adult	2946.301

Sat, 10:00AM-12:30PM	NEW! Indian Street Food: Pani Puri & Dahi Puri from Scratch	4/25 ONLY	Adult	1378.301
Sat, 10:00AM-12:00PM	Adult Pottery - Hand-Building	4/11 & 4/18	10th-Adult	2198.302
Sat, 10:00AM-12:00PM	Adult Pottery - Hand-Building	4/25 & 5/2	10th-Adult	2198.304
Sat, 10:00AM-12:00PM	Adult Pottery - Hand-Building	5/9 & 5/16	10th-Adult	2198.306
Sat, 10:00AM-12:00PM	NEW! Adult & Child: Garden of Wonders Spring Art Workshop	4/11 ONLY	1st-6th & an adult	1627.302
Sat, 10:15-11:15AM	Abs & Core for a Strong Back	4/11-6/6	10th-Adult	3172.301
Sat, 10:15-11:15AM	Abs & Core for a Strong Back	6/20-7/25	10th-Adult	3172.401
Sat, 10:30AM-12:30PM	Adult Pottery - Wheel Throwing	4/11 & 4/18	10th-Adult	2198.308
Sat, 10:30AM-12:30PM	Adult Pottery - Wheel Throwing	4/25 & 5/2	10th-Adult	2198.310
Sat, 10:30AM-12:30PM	Adult Pottery - Wheel Throwing	5/9 & 5/16	10th-Adult	2198.312
Sat, 12:15-1:30PM	Adult Ballet - Absolute Beginners	4/11-5/30	Adult	1824.301
Sat, 1:00-3:00PM	Adult & Child: Exploring Clay Together	4/11-5/16	K-6th & an Adult	2298.301
Sat, 4:00-5:00PM	Hula Dancing 101	4/11-5/16	9th-Adult	1499.301
Sat, 4:00-5:00PM	Hula Dancing 101	6/20-8/8	9th-Adult	1499.401
Sat, 6:00-8:00PM	NEW! Adult Clay: Mini Spring Garden Wall Hanging	4/11 & 4/18	Adult	1629.301
Saturday & Sunday	Traditional Argentine Tango Weekend Workshop	7/18 & 7/19	Adult	2232.401
Saturday	Class 1: Leader & Follower Technique	7/18 ONLY		2232.402
Saturday	Class 2: Tango	7/18 ONLY		2232.403
Saturday	Class 3: Milonga	7/18 ONLY		2232.404
Sunday	Class 4: Tango Musicality	7/19 ONLY		2232.405
Sunday	Class 5: Waltz	7/19 ONLY		2232.406